Learning to Say No

Activity – No Scripts Practice

🎭 **Objective:**

Rehearse assertive ways to say "no" in a safe space, helping you feel more confident and prepared when setting boundaries.

Instructions:

1. **Identify Scenarios:**
   - Choose **three common situations** where you struggle to say no (e.g., social invites, extra work, family requests).
2. **Write Your Scripts:**
   - Craft **one refusal script**for each scenario using empowering language like:
     - "I don't..."
     - "I'm not available..."
     - "I can't commit to that right now..."
3. **Practice Out Loud:**
   - Stand in front of a mirror or record yourself saying each script.
   - Repeat the process until the words feel natural.
4. **Reflect on Comfort Level:**
   - How did it feel to say no assertively?
   - What adjustments would make the scripts feel even stronger?

Example Script:

Scenario: Friend invites you out, but you need rest.

- **Script:** "I'd love to join another time, but I need to recharge tonight."

Scenario	No Script	Reflection (How Did It Feel?)	Adjustments to Feel Stronger

Reflection Questions:

- **Did any part of the script feel difficult to say?**
- **Which words felt most empowering?**
- **How did practicing out loud shift your confidence level?**

🎯 Goal:

Strengthen your ability to say no confidently and reduce hesitation in real-life scenarios.